



LIVELIGHTER®

LUNCH BUILDER

Roast beef and chutney sandwich

Preparation time: 5 minutes / Serves: 1

Ingredients

- ▲ 2 slices grainy or wholemeal bread
- ▲ 1-2 teaspoons chutney
- ▲ 90g roast beef, sliced
- ▲ 4 slices canned beetroot
- ▲ ½ medium carrot, peeled and grated
- ▲ Large handful of rocket or other salad leaves, washed and dried

Method

Spread chutney onto one slice of bread. Add other ingredients in the order listed. Make sure that the beetroot and carrot are not touching the bread to avoid a soggy sandwich. Top with the remaining slice of bread.

Pesto chicken wrap

Preparation time: 5 minutes / Serves: 1

Ingredients

- ▲ 1 grainy or wholemeal wrap
- ▲ 1-2 teaspoons basil pesto
- ▲ 90g cooked chicken, sliced
- ▲ ¼ medium Lebanese cucumber, sliced thinly
- ▲ ¼ medium red capsicum, seeded and sliced
- ▲ ¼ cup alfalfa sprouts, washed and dried

Method

Spread pesto down the centre of the wrap. Layer ingredients, fold the wrap over and roll up.

Fiesta salad

Preparation time: 10 minutes / Serves: 1

Ingredients

- ▲ ½ cup iceberg lettuce, shredded
- ▲ 3 cherry tomatoes, halved
- ▲ ¼ medium capsicum, seeded and chopped
- ▲ ¼ medium Lebanese cucumber, chopped
- ▲ 1 slice red onion, chopped
- ▲ ¼ avocado, chopped
- ▲ ¼ cup no-added-salt canned corn, drained and rinsed
- ▲ ½ cup no-added-salt canned kidney beans, drained and rinsed
- ▲ 1 tablespoon coriander leaves, chopped
- ▲ 1 lime wedge

Method

Mix together all ingredients except lime. Squeeze lime over salad just before serving.

Asian slaw with sweet chilli tuna

Preparation time: 10 minutes / Serves: 1

Ingredients

- ▲ ½ cup cabbage, finely sliced
- ▲ ½ medium carrot, peeled and grated
- ▲ ½ medium celery stick, finely sliced
- ▲ 3 snow peas, topped & tailed and finely sliced
- ▲ ¼ medium apple, finely sliced
- ▲ ¼ cup cooked brown rice
- ▲ 90g can tuna in sweet chilli sauce

Method

Mix together vegetables, apple and rice. Add tuna just before serving.

Hint Squeeze a little lemon juice on the apple after slicing to prevent browning, or slice it up at the last minute.



Healthy lunch inspiration!

Three easy steps to build a healthy salad or sandwich.

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For more delicious lunchtime recipes, visit livelighter.com.au

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Partner:



Government of Western Australia
Department of Health



CHOOSE MOST

FRUIT AND VEG

Have these raw, cooked or canned, and choose a variety of colours and textures.



Tomato



Celery



Cucumber



Beetroot



Apple/pear



Cabbage



Snow peas



Alfalfa sprouts



Mushroom



Carrot



Pumpkin



Capsicum



Avocado



Onion



Mixed greens



Iceberg



Broccoli



Orange

CHOOSE SOME

BREADS, CEREALS AND GRAINS

Wholegrain, wholemeal and high-fibre varieties are the best choice.

MEAT AND MEAT ALTERNATIVES

Choose lean and low-fat options. Aim to have more veg than meat in your meal.



Bread roll



Bread



Wrap



Crackers



Rice cakes



Couscous



Pasta/noodles



Brown rice



Quinoa



Lentils



Beans



Fish



Chicken



Egg



Lean meat

ADD A LITTLE

TASTY BITS

Choose a few tasty bits to add zing, yum and crunch to your lunch!



Home-made croutons



Seeds



Pita chips



Sundried tomatoes



Olives



Fresh herbs



Balsamic vinegar + olive oil



Low-fat yoghurt with herbs



Fresh lemon or lime juice



Nuts



Sprouted beans



Reduced fat tasty cheese



Commercial/home-made low fat dressing



Sweet chilli sauce



Dried fruit



Mustard



Low-fat mayonnaise



Pesto



Hummus



Low-fat cottage or ricotta cheese



Chutney or salsa